

Claims

- 1) Gym bike of the type provided with a flywheel (D) actuated by pedals and an electronic control unit (I), interfaced to a suitable keyboard (M) and display (R), capable of measuring the speed of the flywheel (D) by means of a sensor (L) and show it on the display (R), characterised by the fact that, once
5 the speed that the user should maintain during the training session has been set on the control unit (I), the control unit (I) can enable the operation of a stroboscopic light according to a switching on frequency equal to the angular speed or multiple or sub-multiple whole numbers of the speed that the flywheel (D) should maintain to keep the predetermined speed of the
10 exercise; it being provided that the stroboscopic light is directed onto one or more reflecting marks (H) mounted on the surface of the flywheel (D).
- 2) Gym bike as defined in claim 1, characterised in that the stroboscopic light is produced by a circular series of LED's (F) applied on a fixed disk (4) mounted in parallel concentric position opposite to the flywheel (D), with the
15 interposition of an optical prism (E) used to direct the light emitted by the LED's (F) towards the perimeter border of the flywheel (D) with the reflecting marks (H).
- 3) Gym bike as defined in the first or both preceding claims, characterised in that the speed to be maintained by the user during pedalling is set on the
20 electronic control unit (I) with the keyboard (M).
- 4) Gym bike as defined in the first or both preceding claims, characterised in that the speed to be maintained by the user during pedalling is set on the electronic control unit (I) starting from a central computer (N) connected to the bike in wireless mode by means of suitable two-way radio transmitters (Q,
25 P).
- 5) Gym bike as defined in one or more of the preceding claims, characterised in that the electronic control unit (I), by means of the transmitter (Q), can send the data on the execution modes of the spin-bike to a central computer (N) that will project on a giant screen (O) the image (in digital format) of the
30 marks (H) of the flywheel (D) of the bike.

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